

When a patient comes to you with a pulled muscle, maybe you should recommend Flora.

Perhaps the best time to start your patients thinking more seriously about their health is when they come to you with some more routine complaint.



It is now widely accepted that changes in diet and lifestyle can dramatically decrease the risk of Coronary Heart Disease developing.

So the best time to recommend Flora is before, not after, any symptoms of CHD present themselves.

Flora is high in essential polyunsaturated fats (*cis-cis* linoleic), because it is made with pure sunflower oil.

Whenever an opportunity arises to recommend ways in which your patients could reduce the CHD risk factors, recommend they change to Flora, too.

Flora. High in essential polyunsaturates.





WONCA 1986



The organizing committee of the 11th Conference of the World Organization of National Colleges, Academies and Academic Associations of General Practitioners/Family Physicians and the Journal of the Royal College of General Practitioners are pleased to acknowledge the generous support and practical help which has been provided by the companies listed on this page.

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Choose Monit for a wide range of angina patients

To reduce regular and
frequent sublingual G.T.N.

To complement a beta-
blocker or a calcium antagonist

To replace I.S.D.N. or a
sustained-release formulation
of G.T.N.



Monit

isosorbide mononitrate 20 mg, Stuart

'Monit' Prescribing Notes

Presentation White tablets containing 20mg isosorbide mononitrate. **Uses** For prophylaxis of angina pectoris. **Dosage** Usually one tablet twice or three times daily. Maintenance dose for individuals will be between 20-120mg daily. **Contra-indications** A known sensitivity to nitrates. **Warnings** The following adverse effects may be seen with nitrate therapy: 1. Cutaneous vasodilation, headache, dizziness and weakness may occur, and are usually controlled by lowering the dose. The incidence of these effects is highest at commencement of treatment and tends to decline with time. 2. Postural hypotension may occur, especially with high doses. 3. Nitrate preparations can act as physiological antagonists to noradrenaline,

acetylcholine, histamine and other agents. 4. Dry rash and/or exfoliative dermatitis have been described rarely with nitrates. **Product Licence Number** 29/0174. **Basic NHS Cost** calendar pack of 56 tablets £4.78.



Further information is available on request to the Company
Stuart Pharmaceuticals Limited
Carr House, Carrs Road, Cheadle, Cheshire SK8 2EG

'Monit' is a trademark

HELPING THE ASTHMATIC TO *ENJOY* LIFE



Allen & Hanburys have always been amongst the leaders in research into asthma. We were, for example, one of the first companies to introduce an inhaler for asthmatics over sixteen years ago and, since then, we have made available a range of products which have proved of significant benefit to many thousands of patients.

Today, our commitment to asthma control is stronger

than ever with the development of an extensive asthma education programme for all health professionals. This includes the award-winning video 'Understanding Asthma', which provides patients with information about their condition and its treatment. For further information about this video, including details about its availability for sale to health professionals, please contact the Professional Services Manager.



Allen & Hanburys Ltd

Allen & Hanburys Limited, Greenford, Middlesex UB6 0HB

Natrilix brings down blood pressure not the patient...



Presentation

Pink biconvex sugar-coated tablets each containing 2.5 mg indapamide hemihydrate.

Uses

For the treatment of hypertension. Natrilix may be used as sole therapy or combined with other antihypertensive agents.

Dosage and Administration

Adults: The dosage is one tablet daily, containing 2.5 mg indapamide hemihydrate, to be taken in the morning. The action of Natrilix is progressive and the reduction in blood pressure may continue and not reach a maximum until several months after the start of therapy. A larger dose than 2.5 mg Natrilix is not recommended as there is no appreciable additional anti-hypertensive effect. The co-administration of Natrilix with diuretics which may cause hypokalaemia is not recommended.

Children: There is no experience of the use of this drug in children.

Contra-indications, Warnings, etc.

There are no absolute contra-indications to the use of Natrilix but caution should be exercised when prescribing Natrilix in cases of severe renal or hepatic impairment.

Side Effects

Reported side effects have included dizziness and headache but they are generally mild and mild in nature.

Basic NHS Cost

30 tabs. £5.56, 60 tabs. £11.12

Product Licence Number

0001/0023/0461

For more information

contact your local

representative

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100

95

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NATRILIX alone achieves successful control in 7 out of 10 patients ¹



NATRILIX[®]

indapamide

Caring for the hypertensive patient – one tablet daily

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The charge for space in this section is £6.35 per single column centimetre, plus 30p if a box number is required, plus VAT at 15%. Fellows, Members and Associates of the Royal College of General Practitioners may claim a 10% reduction. Replies to box numbers should be sent to the above address, with the box number on the envelope.

The inclusion of an advertisement in this *Journal* does not imply any recommendation and the Editor reserves the right to refuse any advertisement. All recruitment advertisements in this section are open to both men and women.

PRACTICE EXCHANGE

ADELAIDE SOUTH AUSTRALIA

Expatriate English graduate with MRCGP (UK) seeks 12 month practice and house exchange in Bath area in 1987. Paediatric experience desirable. Adelaide is a large cosmopolitan city with a mediterranean climate.

For details write: Dr John Guy, 12 Ash Avenue, Belair, South Australia 5052.

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MRCGP PRACTICE EXAMS

New book now available edited by John Sandars, General Practice Tutor, Stockport, Cheshire and Secretary of Education Subcommittee, North West Faculty RCGP. This book contains essential advice and tips for every MRCGP candidate — two complete MCQ practice examinations with marking system, answers and teaching explanations, two MEQ papers, two PTQ papers both with samples and marking schedules. Oral and Log Diary techniques and presentations revision index and recommended book list. Send cheque now for £7.95 plus 75p p&p. The books are despatched the same day by first class mail.

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(1003)

PASTEST

FOR SALE

NEW ZEALAND

Rural practice available. Lower half North Island.

Reply:

P.O. Box 65, Featherston, New Zealand.

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10th National GP Trainee Conference

Swansea, 16–18 July 1986

The 10th National GP Trainee Conference will be held this year at University College, Swansea, from Wednesday 16 July to Friday 18 July 1986. All general practitioner trainees are welcome.

The programme includes:

Wednesday 16th

Introduction by Dr Derek Llewellyn

'The relevance of vocational training — past, present and future' by Dr John Fry

'Holism — the way ahead' by Dr Patrick Pietroni

'Patient education' by Dr Simon Smail

Sherry reception hosted by the GMSC

Dinner — traditional Welsh evening

Thursday 17th

Presentation by the British Medical Association

Syntex award winning presentations

'The nurse practitioner' by Dr John Owen

'GP clinics versus hospital clinics' by Dr Julian Tudor Hart

Conference dinner

Friday 18th

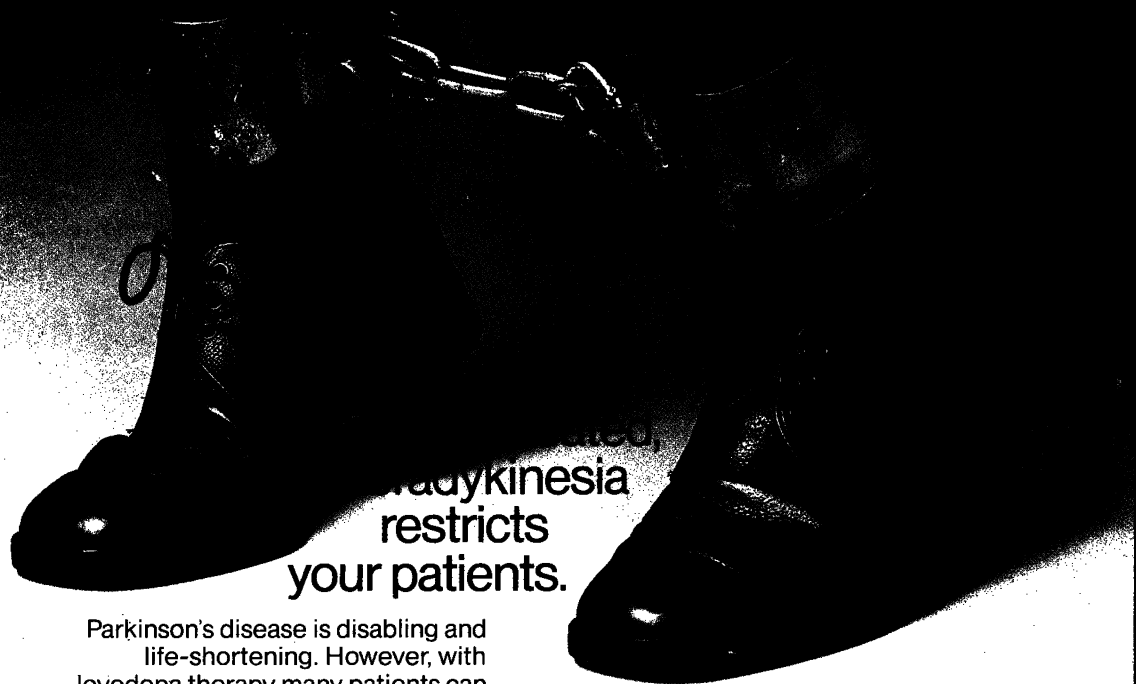
Debate: 'This house believes that the use of commercial deputising services has no place in future general practice'

'Standards and accountability' by Dr Marshall Marinker

Pool party at City of Swansea leisure centre

The cost of the conference is £80 (full residential) or £50 (full meals only) or £30 (lunches only). Applications should be addressed to: Dr Ashok Rayan, 38 Pinewood Road, Uplands, Swansea. Closing date for applications is 1 July 1986.

PARKINSON'S LORE



rigidity, bradykinesia
restricts
your patients.

Parkinson's disease is disabling and life-shortening. However, with levodopa therapy many patients can expect a normal life-span! Good general practice care, supported by physiotherapy and community services, can improve the quality of these extra years.

Success depends on early diagnosis by the general practitioner, followed by effective treatment. There is no more effective treatment available than Madopar.

For many patients

MADOPAR

levodopa plus benserazide

Presentation Madopar contains a combination of levodopa and the decarboxylase inhibitor benserazide in the ratio of 4:1. Madopar 62.5 capsules containing 50mg levodopa and 14.25mg benserazide hydrochloride (equivalent to 12.5mg of the base). Madopar 125 capsules containing 100mg levodopa and 28.5mg benserazide hydrochloride (equivalent to 25mg of the base). Madopar 250 capsules containing 200mg levodopa and 57mg benserazide hydrochloride (equivalent to 50mg of the base). **Indications** Parkinsonism—idiopathic, post-encephalitic. **Dosage** Dosage is variable and the data sheet should be consulted for full details. The effective daily dose usually lies between four and eight capsules of Madopar 125 (two to four capsules of Madopar 250) daily in divided doses, most patients requiring no more than six capsules of Madopar 125 daily. In some elderly patients initial treatment with one capsule of Madopar 62.5 once or twice daily, increasing by one

capsule every third or fourth day may suffice. Patients who experience fluctuations in response may also benefit from administration of smaller, more frequent doses using Madopar 62.5. **Contra-indications** Narrow-angle glaucoma, severe psychoneuroses or psychoses. Pregnancy. Patients under 25 years. It should not be given in conjunction with monoamine oxidase inhibitors or within two weeks of their withdrawal. Patients who have a history of, or who may be suffering from, a malignant melanoma. **Precautions** Drugs which interfere with central amine mechanisms should be avoided. Endocrine, renal, pulmonary or cardiovascular disease, hepatic disorder, peptic ulcer,

osteoporosis, sympathomimetic drugs, antihypertensive drugs. Patients who improve on Madopar therapy should be advised to resume normal activities

gradually as rapid mobilisation may increase the risk of injury. **Side-effects** Nausea and vomiting, cardiovascular

disturbances, psychiatric disturbances, involuntary movements. **Package Quantities** Madopar 62.5 capsules, Madopar 125 capsules and Madopar 250 capsules in packings of 100. **Licence Numbers** 0031/0125 (Madopar 62.5 capsules), 0031/0073 (Madopar 125 capsules), 0031/0074 (Madopar 250 capsules). **Basic NHS Cost** Madopar capsules 62.5 £5.41 per 100. Madopar capsules 125 £9.76 per 100. Madopar capsules 250 £17.47 per 100. **Reference** 1. Quart.J.Med., 1980, 49, 283. Roche Products Limited PO Box 8, Welwyn Garden City Hertfordshire AL7 3AY. Madopar is a trade mark.

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